



Rogers Fire Department
Administration
134 Physical Agility Testing
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PURPOSE

The purpose of this policy is to provide guidelines for the administration of the department's physical agility test (PAT) for candidate firefighters. This policy should coincide directly with the rules and regulations of the Roger's Civil Service Commission. When conflict exists between the Civil Service Commission regulations and this policy, the Civil Service Commission regulations will prevail.

POLICY

The Rogers Fire Department Comprehensive Physical Ability Test (RFDCPAT) tests candidates strength and stamina. Each candidate must make at least a seventy percent (70%) on the written test to be eligible to take the Physical Ability Test. Events will be laid out according to the attached map (measurements are approximate). Events will be timed individually, not as a whole. Evaluators used for the RFDCPAT shall be members of the RFD who have received training in the testing system, as approved by the Fire Chief.

Rules and Regulations for the Physical Agility Evaluator:

1. Vital signs will be taken before and after the evaluation. Vital signs include: skin temperature, blood pressure, respirations, heart rate, and Oxygen Saturation.
2. Participants will be required to stretch before participating in the evaluation.
3. The evaluator should instruct the participant when they are varying from prescribed actions in an event. This shall cause the candidate to have to redo the evolution without restarting of the time.
4. If a mechanical error occurs, it should not count against the time of the participant. The time should be stopped until the error is fixed.
5. Each participant will have two evaluators to accompany them through the course. Their job will be to lead the participant from one obstacle to the next and explain each event prior to the candidate's performance of it. They should encourage the participant to complete each obstacle. At no time should they help the participant in any way.
6. The official time shall be logged and kept confidential. Official times for each candidate shall only be shared with the supervisor officer and candidate.
7. The same or equivalent equipment shall be used for all participants.

Reasons to stop the participant taking the test:

1. The participant:
 - a. can no longer continue
 - b. begins to vomit and stops performance of the course
 - d. becomes dizzy or experiences other neurological deficits
 - e. injures themselves to the point that continuing will further injure them



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2. The evaluator deems further participation will injure the participant.
3. Weather becomes intolerable or dangerous.

A practice session shall be provided to all candidates approximately one week prior to the actual test. Practice is voluntary, but highly encouraged. Running is only allowed during the hose drag event. Running at any other time will not be permitted. Failure to successfully complete the events as described shall result in disqualification from the evaluation. If a candidate does not follow the directions given for an event, they will be stopped and required to restart that event. In the event a candidate is required to restart an event, their time will not be stopped. Candidates' physical abilities will be evaluated in relation to the 7 timed events. The 7 events will occur in the following order:

Stair Climb and Hose Hoist
Hose Drag
Search Maze
Rescue Drag
Forcible Entry
Ladder
Ceiling Hook

Candidates shall be required to bring gloves (mandatory) and knee pads (optional) for the events.

Candidates shall wear a hard hat and 40-pound weighted vest for all the events. Candidates will not be permitted to doff the vest at any time. Candidates will be read instructions a maximum of two times at each event.

Events

Event #1 – Stair Climb and Hose Hoist Passing Time: 3m 5s
Candidate will ascend the drill tower three times while making contact with each step and walking. The drill tower will be monitored to ensure that steps are not skipped. On the third climb, the candidate will climb and ascend to the 4th floor window, marked with an evaluator. There, the candidate will utilize a rope, and use a hand-over-hand technique, to hoist a 50' section of 2.5" fire hose (The 2.5" hose will be secured using a self-locking donut roll). The candidate will pull the hose until his hands pass by the marked part of the rope. Once the candidate's hands are passed the marked section of rope, the candidate will lower the hose using a hand-under-hand technique until the hose is placed on the ground. After that the candidate will descend the stairs and exit the tower. Time will end when the candidate reaches the bottom of the tower.

Event #2 - Hose Drag Passing Time: 34s
The candidate will pull three sections of 2.5" hose a distance of 100'. This will be completed on an asphalt and concrete surface. The candidate will begin with the hose laid straight behind the starting point. The candidate will run with the fire hose until they cross the finish line. Time will end when the candidate crosses the finish line.

Event #3 – Search Maze Passing Time: 1m 47s
The candidate will negotiate a maze while wearing an SCBA and no protective clothing. The maze shall include a change in elevation and have limited visibility. Time will end when the candidate's body is completely outside of the maze prop.



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Event #4 – Rescue Drag

Passing Time: 50s

The candidate will lift and drag a 165 pound rescue manikin 100'. The manikin shall be grasped under the arms and the candidate shall walk backwards. The drag shall include a cone that the candidate must navigate. Time will end when the entire manikin crosses the finish line.

Event #5 – Forcible Entry

Passing Time: 37s

Utilizing a Kaiser Sled, and a dead-blow sledgehammer, the candidate will drive the sled from one end to the other (approximately four feet). The candidate must maintain control of the sledgehammer throughout this station. Time will end when the Kaiser Sled passes the necessary mark.

Event #6 – Ladder

Passing Time: 14s

Candidates will raise a 24-foot extension ladder off the ground using each rung and set it vertically against the drill tower. Immediately following the setting of the ladder, it shall be lowered to the ground using each rung. The ladder will not be set for climbing. Time will end when the ladder is placed back on the ground.

Event #7 – Ceiling Hook

Passing Time: 1m 23s

During this event, candidates will demonstrate the ability necessary to breach and pull ceiling with a pike pole during overhaul procedures by doing breach and pull motions using a ceiling simulator. Candidates will position a pike pole on a target diamond on the breach portion of the simulator and perform five (5) breach repetitions. The firefighter candidate will then hook the pike pole onto the pull portion of the similar and perform 5 repetitions. The sequence will be repeated for four (4) total cycles. Four (4) complete and successive cycles must be completed within the time frame. Time will end when the candidate removes their hands from the Pike Pole after the final cycle.



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Rogers Fire Department Comprehensive Physical Ability Test Setup

